

## 2001 California Dietary Practices Survey

### Cross Tab 80: Californians Who Participated in 30 or More Minutes of Moderate or Vigorous Physical Activity at least 6 Days a Week by Overweight Status

*Question: How many days per week do you do these moderate activities for at least 10 minutes at a time?*

*On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing activities?*

*How many days per week do you do these vigorous activities for at least 10 minutes at a time?*

*On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing activities?*

| Physically Active for<br>30 Minutes or More,<br>6 Days a Week | Overweight Status <sup>1</sup> , Percent |                |
|---|--|----------------|
|   | Overweight/Obese                         | Not Overweight |
| Yes   | 34                                       | 42             |
| No  | 66                                       | 58             |

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<sup>1</sup>A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test:

\*\* p<.01